



LENT: A SEASON OF FASTING

Source Unknown

- Fast from judging others;
- Fast from harsh words;
- Fast from discontent;
- Fast from anger;
- Fast from pessimism;
- Fast from worry;
- Fast from complaining;
- Fast from bitterness;
- Fast from self-concern;
- Fast from facts that depress;
- Fast from suspicion;
- Fast from thoughts that weaken;
- Fast from idle gossip.